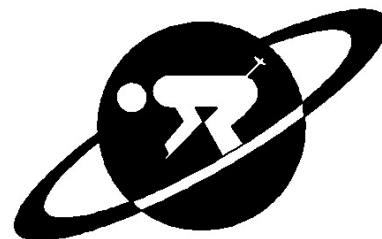


NASA Lewis Ski Club

Naski Tips

February 2009



**We've
Moved
Again!**

**Next Meeting:
Meet & Greet**

Tuesday, February 3, 2009

**Rocky's River Pour House
Old Meeting Place (Former
BW3)**

Center Ridge Road

Next Board Meeting:

**Tuesday, February 17
Panera Bread, Brooklyn**

Inside:

| | |
|---------------------------------|---|
| President's Message..... | 2 |
| Of Note | 3 |
| Racing Update..... | 3 |
| Holiday Valley I Trip Report .. | 4 |
| Nordic Report | 4 |
| Upcoming Activities | 4 |
| Holimont II..... | 5 |
| Holiday Valley II..... | 6 |

Meeting Activity:

Mike Bell

Ski Instructor

Topic: Adaptive

Skiing

Trip & Wine Drawing

Listen Up!



Things didn't work out with the "new" BW3; so we have returned our former location, which is now known as the Rocky's River Pour House

Lewis Ski Club Ski Trips - Season 2009

See flyer for contact info for specific trips

| <u>When</u> | <u>Where</u> |
|----------------------|--|
| Feb. 1-8, Sun-Sun | Steamboat, Colorado Alpine (Sold Out) |
| February 20, Friday | HoliMont #2 Alpine (Flyer Out) |
| March 6, Friday | Holiday Valley #2 Alpine (Flyer Out) |
| Mar. 20-31, Fri-Tues | Solden/Vienna, Austria Alpine (Check Web Site) |



President's message... The ski season is well underway, now. The weather is great, we've had a couple of outstanding Friday trips, and a group of Naskiers has headed to Steamboat for what promises to be a terrific week skiing! We have two more Friday trips left; one to HoliMont on February 20 and one to Holiday Valley on March 6. Sign up now if you haven't already done so - they will fill up quickly. Unfortunately, we only recently found out that the Telestock weekend at Holiday Valley was changed to a different weekend, so the telemark demos will not be

available as we had planned. We are sorry for this disappointment, but we were not informed about the change in the Telestock weekend until we inquired to confirm the date in mid-January. It was a complete surprise and a departure from was the long-standing, first-weekend-in-March date for Telestock. Nonetheless, the same great alpine skiing will still be available at Holiday Valley on March 6, though, so don't miss out on the last Friday trip of the season!

We had a great turnout for the January meeting at the new BW3 in the new Westgate. Renee Barrett, from the NASA Fitness Center, gave a terrific talk on yoga and how it can apply to skiing. Annie Easley and Janet Motta were raffle winners. However, largely because we are unable to reserve the party room at the new BW3 on the first Tuesday of each month for our meeting, we are not going to meet there in February. We are going back to the old BW3 location on Center Ridge, now called Rocky's River Pour House. The new owners at the Pour House are very happy to have us and are promising great food and drink!

At the February meeting, we will be holding the last raffle of the year, so be sure to be there for your chance at a free one-day ski trip! Also, we will be getting ready for our April elections by setting up a nominating committee. The nominating committee solicits officer candidates for the coming year and conducts the election in April. Consider helping out your club by being on the nominating committee or being a candidate for office! Our special guest speaker for the meeting will be Mike Bell, who will talk to us about adaptive skiing. It is amazing what physically challenged skiers can do and there are definite roles and benefits for non-adaptive skiers!

See you at the meeting,

Gene

Officers of Lewis Ski Club

SKI CLUB OFFICERS

President: Gene Addy (216-977-7467)
Alpine V.P.: Open
Nordic V.P.: Larry Anderson (larryamg@hotmail.com)
Activity V.P.: Therese Telzrow (216-226-6013)
Recorder: Janet Dubas (216-741-3161)
Publicity Director: Eric. McFarland (mcflnd@cox.net)
Treasurer: Jan Neumann (janetteneumann@sbcglobal.net)

COMMITTEE CHAIRS

CMSC Rep: Frank DiMarco (fpdimarco@yahoo.com)
Refreshment: Tom Jones (216-433-3718)
Sunshine: Colin Bidwell (216-433-3947)
Social: Kathleen Moran (grossman@cox.net)
Racing: Mark Hyatt (216-433-3248)
Membership: Lisa Ferenc (216-433-6592)
Web Curator: Linda Elonen-Wright (216-433-9370)
Alternate Web Curator: Lisa Lambert (Lisa.Lambert@nasa.gov)
Trip: Annie Easley (440-816-1215)
Annie Easley (440-816-1215), Linda Elonen-Wright (216-433-9370) & Mike Kaltenstein (330-483-4841)

TRUSTEES: Annie Easley (440-816-1215), Linda Elonen-Wright (216-433-9370) & Mike Kaltenstein (330-483-4841)

Of Note: The location of our general meeting has changed locations **again**. We returned ~ $\frac{1}{2}$ mile east back to our original location on Center Ridge Road. The establishment has changed name to the Rocky's River Pour House (formerly BW3).

Sad news: Current Club President and long time member, Gene Addy, had his father passed away on January 21st. The entire membership expresses our sympathy and condolences to Gene and his family.

Drawing winners: Trip - Annie Easley & Wine - Janet Motta

Bulletin! ANNIE WILL NOT PURCHASE A RAFFLE TICKET AT THE FEBRUARY MEETING. All members are encouraged to come to the meeting and buy tickets.

Note of Appreciation: Renee Barrett, of the NASA Fitness Center, for her talk on the benefits of putting some yoga into your fitness schedule. Strength and flexibility are key to good skiing and boarding. Yoga is beneficial to improving both. You may want to find a class or check out some of the sources on yoga moves Renee suggested.



MSC Racing Schedule: See <http://www.skicleveland.com> [Adult Racing] for schedule and more details. Contact Mark Hyatt (216-433-3213) Racing Chair if interested in joining the Lewis Ski Club Team

Racing Update

The season is off to a fast start, with two weekends of action in the books. We started off at Holiday Valley with a strong team showing. To save time and space, our individual results are included below. As a team, in Division 2, we finished 6th in the GS, and 5th in the Slalom, excellent numbers for our small team.

| Name | Class | Club | Total Place | Total Points | HV1 SL Place | HV1 SL Points | HV1 GS Place | HV1 GS Points |
|--------------------|-------|------------|-------------|--------------|--------------|---------------|--------------|---------------|
| HYATT MARK | CSB | Nasa Lewis | 1 | 7 | | | 6 | 7 |
| FRANKENFIELD BRUCE | CSB | Nasa Lewis | 2 | 9 | | | 4 | 9 |
| FRANKENFIELD ELISE | CCVW | Nasa Lewis | 1 | 15 | 5 | 8 | 6 | 7 |
| TELZROW THERESE | CCVW | Nasa Lewis | 2 | 27 | 2 | 12 | 1 | 15 |
| LAMBERT LISA | BW | Nasa Lewis | 1 | 27 | 1 | 15 | 2 | 12 |
| FRANKENFIELD BRUCE | BVM | Nasa Lewis | 1 | 21 | 4 | 9 | 2 | 12 |
| HYATT MARK | BBM | Nasa Lewis | 1 | 15 | 3 | 10 | 8 | 5 |

Last weekend at Cockaigne and Peek n' Peak, the team continued with our theme of quality over quantity, finishing 5th in Division 2 each day. Individually, in the GS on Saturday at Cockaigne, highlights included wins by Therese and Don, and a 3rd by Mark in snowboard. The demolition derby and physics lesson by Mark and Mike Smith in the snowboard race was the highlight reel event of the day. Paul Senick qualified into CCM as well. The slalom on Sunday at the Peek also had a share of highlights which included 2nd place finishes by Don, Therese, and Lisa. Paul finished 5th in his first official race, while Cheryl found out the finish line can be hard to find. Mark was an unaccustomed also-ran, finishing 8th.

Next up is our local race, at Boston Mills, on Sunday February 1st. Rumor has it a football game will be played that day too, but come out early, and watch the racing action live slope-side. After that will be Swain 1, followed by Bristol Combined and the dual slalom at Kissing Bridge. February will be a busy month on the racing calendar, we hope to see more of our members out on the hill. - Mark Hyatt, Racing Chair

Holiday Valley I Trip

The Lewis Ski Club has at least 38 dependable, do-or-freeze-trying skiers! On Friday, January 16, those of us who went on the Holiday Valley ski trip were rewarded with corduroy trails and NO LIFT LINES. Even though the temperature was a -9 degrees F in the morning, it warmed up to maybe 5 degrees F in the afternoon, right after lunch, for a short while, until it clouded over and the temps started falling again. We all covered up and skied anyway. We met for lunch (see the photo of some of us who gathered) and then met again in the afternoon for hot chocolate. For some, the hand warmers were a life saver. Others



didn't need theirs. Go figure. Dinner in Ellicottville followed skiing and we returned home a little early in case of bad road conditions (which really didn't seem so bad). All in all, a good time was had by all. Except for perhaps Alex Elonen who had his birthday almost ruined by his obnoxious aunt! [Thanks to everyone on the bus for helping me sing to him!] - Linda Elonen-Wright

Nordic Report

One way or another we will go on a XC ski trip to Wilderness Lodge on Saturday, January 31st. As of right now we are a bit short on the number of people we need to charter a bus, but plans are to caravan up there with everyone who still wants to go. Wilderness is a great XC ski destination, so I'm sure it's going to be fun. If you read this before Saturday, feel free to email me larryamg@hotmail.com or call 216 262-2784 if you would like to join us.

We've had some excellent XC skiing conditions the past couple of weeks. When we get big storms, the off track back country opportunities around North East Ohio are excellent. Jim Wright and I have had some great times back country skiing in South Chagrin Reservation and Girdled Road Reservation (one of the Lake County Parks). For those who like track skiing, Chapin Forest, also in Lake County, has been excellent. Right now, after the thaw and freeze cycle, everything is iced up, so I would suggest caution. It's a good time to take out the metal edged skis if you have them. - Larry Anderson, VP Nordic

NASA Lewis Ski Club Activities

February

We are looking for a Co-Chair for the Halloween Weekend at Laurel Hills Lodge in PA. I have one volunteer who's agreed to serve as long as it's with another person. I will help in planning the event. The lodge is already booked and paid for so a large part is already done. Transportation, advertising and planning activities are left. Transportation may be simple; arrange a car pool. There are many activities to choose from as Seven Springs and Hidden Valley have all kinds of events planned on that weekend. If you're interested just give me a call at 216.226.6013. - Therese Telzrow, VP Activities

HoliMont II Ski Trip

Friday, February 20, 2009



This bus trip is brought to you by the Lewis Ski Club, Inc.

PRICE (lift ticket and bus): \$64.00. Membership Required Bus only \$30

Package includes: Round-trip transportation from Cleveland to HoliMont including an evening trip to Ellicottville where you are on your own for dinner. We will also provide breakfast snacks on the bus.

Itinerary:

- 6:00 AM Leave NASA DEB Parking Lot (North side of Brookpark Rd)
- 6:30 AM East Side Pickup – Home Depot parking lot on Wilson Mills Rd, 1/2 mile west of I-271.
DO NOT PARK AT DENNY'S
- 10:00 AM Arrive at HoliMont Ski Area
- 4:45 PM Bus leaves for Ellicottville for dinner (\$\$ of dinner not included)
- 7:30 PM Bus Leaves for Cleveland
- 10:30 PM East Side Drop-off
- 11:00 PM Bus Arrives at NASA

Trip Application & Agreement

Club membership is required: New members: single \$10 / family \$15

Name: _____ Phone w/area code : (H) (____) _____

Address : _____ (C or W) (____) _____

_____ Email _____

In case of an emergency, contact:

Name _____ Phone: (____) _____

Lewis Ski Club Member? Yes / No If no, then please add membership fee* _____

Bus Pickup East / West (circle one)

Total Payment \$ _____

Reservations are 1ST-come, 1ST-served with payment in full. **(Please make checks payable to: “Lewis Ski Club”)** No refunds will be made for your bus seat, unless your spot is filled. Minors without parent must have a release form signed by a parent or legal guardian and be accompanied by an adult. Participants less than 18 years old as of the date of the trip are considered minors. NO smoking on the bus.

Agreement: Lewis Ski Club is acting gratuitously for the applicant and shall not be responsible or liable for any loss of damage to baggage, property, or for any loss, injury, death, accident, delay, inconvenience or any other loss occurring during or occasioned by applicant's participation or lack of participation in any trip. Trip participants ski and/or snowboard at their own risk. It is the injured skier's/snowboarder's responsibility to report to Ski Patrol for treatment or referral to hospital/doctor. If unable to accompany the club on return trip as planned, the injured party is responsible for arranging their own transportation for the return trip. If the participant cancels out of the trip, then the participant forfeits their rights to any and all payments made to Lewis Ski Club for this trip. Cancellation by participant means and includes: (a) failure to abide by the terms of this agreement; (b) notice by participant of intent to cancel; (c) participant's failure to make timely payments; (d) participant's failure for any reason to meet departure or return of the trip. Lewis Ski Club may withdraw any trip from its schedule at any time; may refuse to accept or retain any person as a participant at any time for any reason; and may change the itinerary at any time.

Signed in Agreement: _____ Date: _____

=====

Mail payment to Trip coordinators:

Name: Joe Gruden
Address: 420 E. 326th St.
Willowick, Ohio 44095
Phone: H 440-944-8327 C 440-487-7273
Email: Josephgruden@sbcglobal.net

Joe Roche
8992 Cinnabar Dr.
Brecksville, OH 44141
H 440-546-9081
NASA mail drop 86-15



Holiday Valley Ski Trip II

Friday, March 6, 2009

COST: \$64.00 (inc. bus, adult* lift ticket, & snacks)

*** Call us for junior pricing!**

This bus trip is brought to you by the Lewis Ski Club, Inc. <http://www.lewisskiclub.org/>

Package includes: Round-trip transportation from Cleveland to Holiday Valley Ski Resort including an evening trip to Ellicottville, where you are on your own for dinner. We will also provide breakfast snacks on the bus.

Itinerary 6:00 AM Leave NASA DEB Parking Lot (North side of Brookpark Rd)
6:30 AM East Side Pickup – Home Depot parking lot on Wilson Mills Rd, 1/2 m. west of I-271. DO NOT PARK AT DENNY'S
10:00 AM Arrive at Holiday Valley Ski area
4:45 PM Bus leaves for Ellicottville for dinner (\$\$ of dinner not included)
7:00 PM Bus Leaves for Cleveland
10:30 PM East Side Drop-off
11:00 PM Bus Arrives at NASA

Trip Application & Agreement

~ Club membership is required: New members: single \$10 / family \$15

Name: _____ **Phone w/area code : (H) ()** _____

Address : _____ **(W) ()** _____

_____ **Email** _____

In case of an emergency, contact:

Name _____ **Phone: ()** _____

~ Lewis Ski Club Member? Yes / No If no, then please add membership fee _____

Bus Pickup East / West (circle one) Total Payment \$ _____

Rental skis& lessons are to be handles by the individual, not the trip coordinator. See <http://www.holidayvalley.com> group rates or call 716-699-2345

Reservations are 1ST-come, 1ST-served with payment in full. **(Please make checks payable to: "Lewis Ski Club Inc.")** No refunds will be made for your bus seat, unless your spot is filled. Minors without parent must have a release form signed by a parent or legal guardian and be accompanied by an adult. Participants less than 18 years old as of the date of the trip are considered minors. NO smoking on the bus.

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Signed in Agreement: _____ Date: _____

Mail payment to Trip coordinators:

Paul Antczak
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21000 Brookpark Road
Cleveland, Ohio 44135
216-433-3113 w
Paul.M.Antczak@nasa.gov

Larry Anderson
2617 Exeter Road
Cleveland Hts., Ohio 44118
216-932-9482 cell
larryamg@hotmail.com